Fruits of our Labor

07

annual report

fresh

An Apple a day...

Mid-Iowa Health Foundation
Mid Iowa Health Foundation has a vision for greater Des Moines to be a healthy community.
Endowed by proceeds of the sale of Northwest Community Hospital in 1984, Mid-Iowa Health Foundation dedicates resources to improving health in greater Des Moines. Since its inception, Mid-Iowa Health Foundation has awarded more than $14.5 million to nonprofit agencies supporting the health of vulnerable and underserved populations.

In 2007, Mid-Iowa Health Foundation invested $760,474 in grants to 45 projects.
Like the healthy, homegrown produce on the cover, the fruits of our labors in 2007 are bountiful. Mid-Iowa Health Foundation now enters its twenty-fifth year of cultivating a healthy central Iowa, dedicated to tending our community’s established health programs, as well as nurturing our newly emerging growth.

We are proud to harvest this bumper crop of successful endeavors thanks to a diverse and inspired group of non-profit organizations that share our vision of an ever-healthier community.

Money alone does not make our garden grow. Mid-Iowa Health Foundation is active in responding to the community’s changing needs, as well as continuing our partnership with established programs, using the following philanthropic methods:

- **Responsive Grantmaking:** We listen, learn and respond to the needs of homegrown non-profits and their constituents

- **Health Initiative Grantmaking:** We serve as a catalyst for community-wide dialogue and action on unmet needs

- **Learning partnerships:** We convene to study pressing health issues

We hope you find inspiration in the bounty this report represents. Because the health of the entire community is our goal, we have included a gift for you within the 2007 annual report: a booklet of healthy recipes and nutritional news. Here’s to our good health!
Mid-Iowa Health Foundation invests resources focusing on improving access to primary and preventive healthcare services, and promoting childhood health.

Through our Community Response Grants we learn from nonprofit organizations and programs about the important work needed to improve health in the greater Des Moines community. The Foundation staff and Grant Committee review applications and make recommendations for board consideration and funding decisions. Applications may be downloaded from the bottom of the Grants page on our website, www.midiowahealth.org. Application deadlines are April 1 and October 1.

The Health Initiatives Grant Program guides significant investments in projects or activities that address community health priorities. With input from a variety of sources, the Foundation identifies specific health needs, and then partners with selected community groups and organizations to cultivate solutions. Health Initiative proposals are accepted by invitation only.
During 2007, Mid-Iowa Health Foundation invested a total of $312,561 in support of the following 11 Health Initiatives:

**Association of Small Foundations • $5,000**
This Evaluation project, launched with a Hewlett Foundation matching grant, will evaluate ASF’s impact as an organization dedicated to building capacity of small foundations as well as the impact of evaluation curriculum programs and resources designed for ASF membership.

**Employee and Family Resources • $45,000**
Youth formerly arrested for possession of alcohol and small amounts of marijuana will be given the opportunity to examine their decision-making attitudes and behaviors and, in a restorative justice setting with parents, other youth and adults, identify the harms their offense has caused to themselves, their families and the at-large community, and specific means to repair each harm.

**Healthcare Coverage for Kids Coalition • $31,626**
The community-wide coalition enrolls eligible children in Hawk-i and Medicaid with current outreach strategies addressing two difficult-to-reach populations - families at the upper income limit of eligibility who likely self-determine they are not eligible and Latino/Hispanic families.

**Iowa Caregivers Association • $11,400**
Touched by a Caregiver educational campaign uses high-profile community members’ personal experiences being cared for, or assisted by, a direct care worker (DCW) to advance an existing two-pronged policy agenda that addresses the severe and growing shortage of DCWs.

**Orchard Place Child Guidance Center • $30,000**
Trauma-focused cognitive behavioral therapy (TF-CBT) is an evidence-based treatment approach shown to help children and adolescents demonstrating negative behavioral and emotional problems resulting from a traumatic event, such as physical abuse, sexual abuse, domestic violence, school violence, accident witness or disaster survivor. It is designed to help parents/guardians cope effectively with their own emotional distress and develop skills that support their children. Training will be conducted to ensure initial competency and establishment of an ongoing quality assurance process.

**Polk County Lead Poisoning Prevention Coalition • $48,035**
Project will bridge staffing needs to maintain appropriate response times in light of the dramatic increase in children tested due to previous Lead Poisoning Prevention Coalition efforts to increase awareness of the need for testing as well as a new requirement for children to be tested before entering school.

**Primary Health Care, Inc. • $50,000**
Des Moines Dental Clinic Expansion project leverages local funding for furnishing six new treatment rooms with dental equipment along with federal funding for the construction.

**Primary Health Care, Inc. • $50,000**
Obstetrics (OB) Case Management is developing a system of OB care that is culturally sensitive and user friendly. The system is designed to improve coordination of prenatal care and delivery services for uninsured women with increased access, enhanced methodology of patient monitoring, and improved patient education and compliance through the provision of interim case management, and subsequent enrollment in existing maternal child health programs.

**The Access Project National Oral Health Policy Partnership • $8,500**
The Access Project convenes oral health experts and grantmakers to identify oral health policy initiatives, collect background data, learn from other state initiatives, and conduct research.

**Medical Debt Project • $3,000**
The Access Project will utilize their research to focus attention on the health cost and financing issues plaguing rural and urban Iowans. These financial burdens of health care are being translated into medical debt, often serious and long lasting. This information will be used to inform policy discussions at the local, state, and federal levels.

**Visiting Nurse Services • $30,000**
Child Care Nurse Consultant (CCNC) supports Polk County child care centers and family home providers on a waiting list for CCNC services with infrastructure development and ongoing technical assistance; develops injury prevention sustainability model/toolkit for center directors; distributes immunization program systems model; and replicates the pilot wellness program for providers.
In 2007, Mid-Iowa Health Foundation invested $447,913 in Community Response Grants to support 34 nonprofit organizations in their work to make central Iowa a healthier community:

A Mid-Iowa Organizing Strategy (AMOS) • $15,000
Medical Debt project builds on successful work with hospitals to discount charges to uninsured and expand financial assistance policies by organizing a constituent base of central Iowans impacted by medical debt, training residents to advocate to reduce medical debt and navigate healthcare systems, and working with hospitals to identify obstacles for central Iowa’s poorest residents in accessing health care and financial assistance for that care.

AID Greater Des Moines, Inc. • $10,000
Be The Cure expands to implement Center for Disease Control recommended strategies for African Americans who are disproportionately impacted by HIV/AIDS by targeting prevention programming through local leaders, business and faith communities and making HIV testing available in appropriate settings in culturally competent ways.

Alzheimer’s Association, Greater Iowa Chapter • $5,600
Safe Caregiving Environment series will include family education classes, with respite care available for participants who cannot leave their loved one with dementia unattended, including Safe Return instruction and enrollment. The Safe Return program for public safety officials will be presented in Polk, Warren and Dallas Counties.

American Heart Association • $7,500
Search Your Heart/Concozca Su Corazon education program targeting African Americans and Latinos who disproportionately suffer and die of cardiovascular disease and stroke, and is implemented through hands-on prevention including blood pressure and stroke screenings, workshops and activities based on risk factor reduction at faith-based organizations.

Behavioral Health Resources • $10,000
The Co-Occurring Disorders Group provides support and education to individuals with mental health issues who also have a substance abuse issue. Members can join at any time; a therapist and fellow group members will support the recovery process, while skills in family conflict management, work and social stress reduction will be taught to increase stability in members’ lives.

Boys and Girls Club of Iowa • $10,000
Triple Play Healthy Habits program is a holistic approach to help youth learn how to eat right, keep fit and engage in positive relationships.

Broadlawns Medical Center Foundation • $10,000
Mid-Iowa Health Foundation and Delta Dental are partnering with Broadlawns in the Diabetes Care Coordination Project to identify, screen, and evaluate dental clinic patients that present periodontal symptoms for diabetes and other related illnesses. Patients testing positive may participate in a patient-centered comprehensive diabetes education, self-monitoring and treatment coordination program.

Catholic Charities • $32,000
Hispanic Community Outreach Spanish language counseling provides high quality individual, couple, and family clinical counseling service to Spanish-speaking clients in Des Moines and Perry. Mental health presentations to Spanish-speaking, new immigrant residents will be provided to promote counseling services and awareness of anxiety and depression amongst the newcomer immigrant Hispanic community through the best practice model outreach “promotoras” direct door-to-door promotional activities and community outreach presentations.

Children and Families of Iowa • $20,000
Family Violence Center outreach child advocates work with children to meet their psychological, social and safety needs, as well as providing age-appropriate community presentations on dating violence and healthy relationships to school-aged boys and girls.

Therapeutic Childcare serves as a preventive alternative to hospitalization for children ages two to six unable to function in traditional childcare due to a severe behavioral and/or emotional disorder with childcare, education, mental health, family support and community services for the child and the family.

Children and Family Urban Ministries • $4,000
Back to School Health Fair offers physical exams, immunizations, and eye, dental and lead screenings to low-income children in the Moulton Elementary School neighborhood.
Des Moines Health Center • $30,000

School Smiles provides oral health education, screening, referral, fluoride varnish, and dental sealants to children in pre-school/Head Start and elementary schools in which a high proportion of the children qualify for free or reduced lunch programs (currently 32 schools in addition to preschools). Onsite dental treatment services are provided through the Smile Squad Mobile Dental Clinic.

Des Moines Pastoral Counseling Center • $20,000

Hope and Healing Counseling Assistance Fund subsidizes the cost of mental health counseling for low-income adults, adolescents and children who are struggling with life’s issues on very limited personal and financial resources.

Free Clinics of Iowa • $30,000

Free Clinics of Iowa assumes the administrative burden of member free medical clinics, including provision of liability, property and malpractice insurance coverage; not-for-profit status and financial reporting systems. Essential services assist the free clinics to develop and support the day-to-day operations and offer educational/collaborative opportunities necessary to provide health care services within their communities.

Hospice of Central Iowa • $15,000

Patient Financial Assistance for patients who lack financial resources from traditional reimbursement sources for special expenses.

I’ll Make Me a World in Iowa • $10,000

From Fat to PHAT: Promoting Heart-Health Awareness Together is a local movement supporting African-American women in taking control of their health and address heart health risks.

Iowa Bureau of Refugee Services • $15,000

Funding provides a local match for federal funding for the Healthcare Immigrant and Refugee Education (HIRE) program that will educate refugees and immigrants with limited English proficiency for high demand careers in healthcare.

Iowa Legal Aid • $10,000

The Health and Law Project pairs the Central Iowa Office of Iowa Legal Aid and Primary Health Care, Inc. targeting legal and health systems issues for low-income families. Medical personnel are trained to identify legal issues and refer clients to attorneys who can help with social security disability, supplemental security income, veterans programs, Medicaid, Medicare, HAWK-I, and IowaCares.

Lutheran Services in Iowa • $20,000

Healthy Opportunities for Parents to Experience Success (HOPES) offers pregnant women and new parents intensive home visitation designed to promote optimal development and link families with community resources that will enhance their ability to function well.

Refugee Health Outreach Project (RHOP) provides intensive personal counseling and peer role models with HIV positive refugee participants to develop healthy action plans to maintain and reduce risk of HIV and other STD transmission.

Mentor Iowa • $5,000

One on One Program recruits, screens, trains and matches volunteer mentors to abused, neglected, and delinquent children who are under the jurisdiction of Juvenile Court.

Mercy Hospital Medical Foundation • $21,000

Des Moines Hip 2 Fit expands successful after-school program to increase activity level of middle school-age children addressing continually increasing percentages of overweight and obese youngsters in this age group.

Mid-Eastern Council on Chemical Abuse (MECCA) • $10,000

Bernie Lorenz Recovery provides resources and guidance to help women in recovery face daily challenges of life without the need for alcohol or drugs, to be medically and mentally healthy, educated and employed, financially literate, and to have confidence in themselves and their abilities so they can be independent and live successful lives in long-term recovery.

Planned Parenthood of Greater Iowa • $20,000

Family planning and reproductive health care for low-income women at four Polk County clinics.
Polk County Crisis & Advocacy Services • $11,688
The multidisciplinary Mid-Iowa Sexual Assault Response Team provides quality, compassionate, consistent care to victims of sexual assault, including training and equipment for Sexual Assault Nurse Examiners.

Shalom Zone Ministries • $15,000
Community Health Outreach Program provides health screenings, immunizations, education and referral to high risk, low-income children and adults.

YMCA • $10,000
Trim Kids is a multi-disciplinary 12-week plan for overweight children, age 6-18, which gives parents and children an individualized approach to weight management focused on dietary intervention, exercise, and behavioral/emotional counseling in order to address underlying issues of youth obesity and maintain long-term success.

Young Women’s Resource Center • $20,000
Young Women’s Lives helps young women involved with the court systems with clinical therapy, support and educational programming for young women, ages 13-22. Young Moms Pre- and Postnatal Services are offered to pregnant young women age 12-21 at area high schools and community locations to help them select appropriate support systems, develop a relationship with their care provider, learn tools that help in the birthing and bonding processes so children are able to develop physically, emotionally and socially.

Youth Emergency Services & Shelter of Iowa • $25,000
YESS uses a combination of residential shelter and counseling services to work with both the child and the family to address issues in their lives before the problems become so severe that DHS or Juvenile Court must intervene.

Zero to Three - National Center for Infants, Toddlers and Families • $25,025
Polk County Court Team for Maltreated Infants and Toddlers aims to reduce the recurrence of abuse and neglect and improve outcomes for vulnerable young children by addressing the co-occurrence of child maltreatment, substance abuse (specifically methamphetamine), domestic violence and parental mental illness. Project will work in Judge Connie Cohen’s courtroom with 25 families whose very young children have been removed from their homes.

Memberships/Other • $11,100
## Statement of Financial Position

January 1 Through December 31, 2007 and 2006

### ASSETS

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<th>2007</th>
<th>2006</th>
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<td>Cash/cash equivalents</td>
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<td>Accrued interest receivable</td>
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<td>Investments</td>
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<td>Furniture/equipment, at cost less accumulated depreciation of $21,934 (2006:$21,504)</td>
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<td><strong>$16,610,383</strong></td>
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### LIABILITIES AND NET ASSETS

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<td>Accrued expenses</td>
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<td>Accrued federal excise tax</td>
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<td>Total liabilities</td>
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<td>Net assets – unrestricted</td>
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<td><strong>$17,547,715</strong></td>
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### EXPENSES

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<td>Program grants</td>
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<td>Management and general</td>
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<td>Investment and bank fees</td>
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<td>Federal excise tax</td>
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<td>Total increase (decrease) in net assets</td>
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<td>Net assets – beginning of year</td>
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<td>Net assets – end of year</td>
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<td><strong>$16,578,002</strong></td>
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Ivan L. Johnson, Chair
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AN APPLE A DAY KEEPS THE DOCTOR AWAY.
the apple doesn’t fall far from the tree.
How do you like them apples?